

Preventing Heart Disease and Type 2 Diabetes

A Community Guide to Nutrition and Physical Activity

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Burlington Senior Activity Center



Why Attend?

- Learn major risk factors for heart disease and Type 2 diabetes
- Understand how nutrition impacts heart health and blood sugar
- Discover simple meal planning strategies
- Learn safe and effective physical activity recommendations
- Access local health and wellness resources



Healthy Habits That Make a Difference

- Fill half your plate with fruits and vegetables
- Choose whole grains over refined grains
- Limit added sugars and sodium
- Aim for at least 150 minutes of moderate exercise per week
- Schedule regular health screenings

Small lifestyle changes today can prevent serious health problems tomorrow. Join us and take the first step toward better heart health!